

Wash your hands!

1

Wet hands.



2

Add soap and rub hands together.



3

Wash for 20 seconds.



Wash wrists, palms, back of hands, fingers, and fingernails.

Sing "Happy Birthday" twice.

4

Rinse hands.



5

Dry hands with paper towel.



6

Use paper towel to turn off taps.



American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. (2020). CFOC Standards Online Database. Aurora, CO; National Resource Center for Health and Safety in Child Care and Early Education. <https://nrckids.org/CFOC/Database/3.2.2.2>. Accessed February 8, 2024.

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